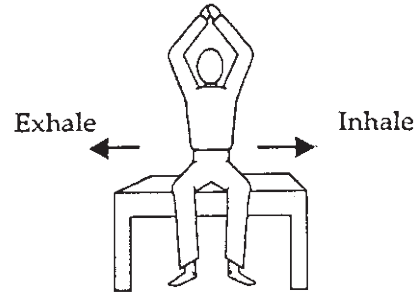




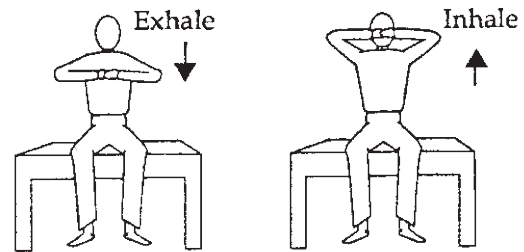
Active Upper Extremity & Breathing Exercises

_____ Repetitions _____ Times per day

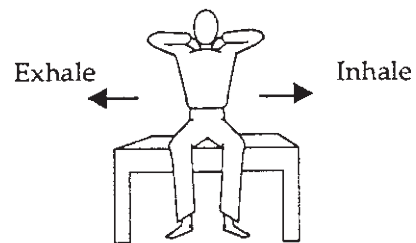
1. Stretch arms up overhead, palms together. Inhale while turning trunk to the left. Exhale while turning trunk to the right (exhale through pursed lips).



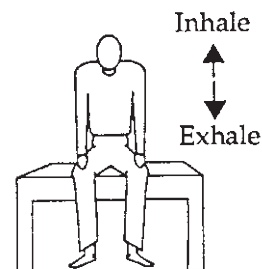
2. Interlace fingers and hold arms at shoulder height in front of the chest, palms facing the floor. Inhale while bringing hands and elbows up to eye level. Exhale while bringing hands and elbows back to starting position.



3. Place hands on shoulders. Inhale while slowly rotating trunk to the left. Exhale through pursed lips, slowly rotating trunk to the right.

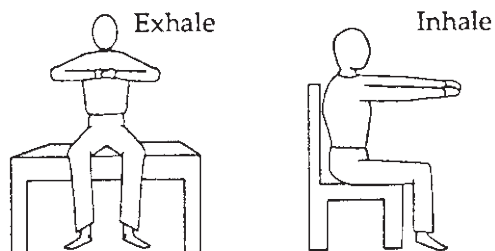


4. Place hands on knees. Inhale while bringing shoulders up toward ears and hold for one second. Exhale through pursed lips while letting shoulders drop to starting position.

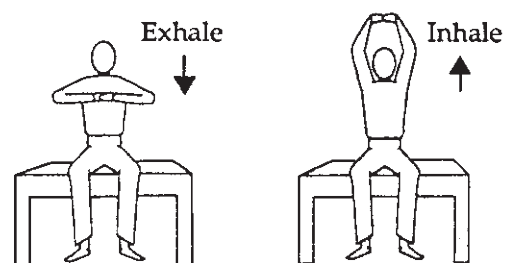


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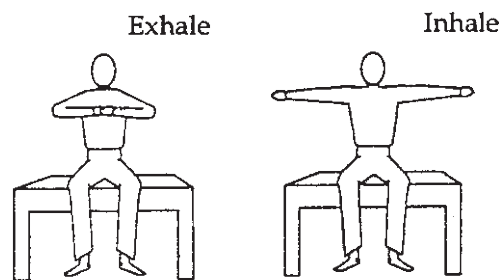
5. Interlace fingers. Hold arms at shoulder height in front of chest. Stretch arms in front of chest as far as possible — inhale. Exhale while bringing arms to starting position.



6. Interlace fingers and hold arms at shoulder height in front of chest. Stretch arms as far overhead as possible while inhaling. Exhale while returning to starting position.



7. Start with arms at shoulder height, elbows bent. Extend arms out to each side while inhaling. Exhale while bringing fingertips back together with elbows bent.



8. Interlace fingers and place behind head. Stretch arms overhead with palms facing the ceiling while inhaling. Exhale with pursed lips, while bringing hands back behind head.

